

## Transferability

Experience in certain sports can lead to success in other sports simply because the skill actions, field movements, etc. are similar. These are called Transferable Skills

## Common Examples:

swinging, falling, shooting (accuracy), communication, agility, field/court sense (spatial orientation)

## Examples

Basketball & Soccer & Volleyball - *Ultimate*

Soccer: Field Sense, Team Play, Communication, Working with a Defender, Avoiding Contact, Endurance

Basketball: Pivoting, Agility, Team Play, Communication, Working with a Defender, Avoiding Contact, Endurance, Quick Offensive-Defensive Changes.

Volleyball: Diving on the Ground, Agility, Team Play and Communication

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Explain how each of these sports lend transferable skills to the other sport...

- a) Hockey and Baseball > Golf
- b) Running and Cycling > Endurance Sports
- c) Soccer & Rugby > Football
- d) Tennis > Badminton, Squash, Raquetball
- e) Skiing > Snowboarding
- f) Other Examples

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## Hockey and Baseball &gt; Golf

Grip- two hands on the bat, stick, or club  
 Athletic Stance  
 Follow through - direction towards your target, allows for complete weight transfer  
 Hand - eye coordination  
 external environment - field sense  
 weight transfer and timing

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## Running and Cycling &gt; Endurance Sports

Balance  
 Athletic Stance - posture  
 Endurance (Aerobic Capacity)  
 Mental Fortitude (Training through pain)  
 Spacial Awareness  
 Internal Cadence (Steady state)  
 Continuous Technique Adjustments

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## Tennis &gt; Badminton, Squash, Raquetball

Grip on the racket  
 Fine motor movements in the wrist  
 Court sense  
 Pivoting and turning back and forth  
 Footwork (feet first)  
 Short bursts of power  
 Ball placement

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## c) Soccer &amp; Rugby &gt; Football

Team work  
 Field sense  
 Endurance - general  
 Kicking accuracy & power  
 Tackling skills - learning to fall & be tackled  
 Toughness  
 Ball handling - passing & receiving  
 Timing - when to perform actions  
 Communication  
 Footwork - avoiding defenders  
 Offensive & defensive  
 Set plays & strategy

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e) Skiing > Snowboarding

\spacial orientation  
avoiding contact  
endurance/aerobic capacity  
control  
athletic stance/posture the knees are bent  
weight transfer  
mental fortitude (aggressive stance)  
technique adjustment

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discus-bball

spacial awareness  
footwork  
balance  
ability to recover after disorientation  
explosive movements  
core strength  
mental fortitude  
BOOM!

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